

SUTHERLAND BUSHWALKERS NEWSLETTER

June 2025



Presidents Ponderings

As I write this, nearly sixty percent of members have logged in and verified their Bilby accounts. This is very pleasing, and it is encouraging that many members have embraced this change. Many have also taken the time to let me know how good the system is and importantly, anything they think may improve the system. We have a list of requests with the developer.

As many of you know, I injured my ankle down at Pygmy Possum earlier this year. It was on a straightforward walk out to Hedley Tarn and I still don't know how it happened. The sound of 5 rapid "pops" and a crack, then falling over was not a lot of fun. Funnily enough, the night before I chatted with the crowd at PP about what I carry in my pack and what I carry in my first aid kit. I mentioned that I had only used the first aid kit for other people's injuries over the last 10 years. Talk about jinxing myself!!

So many thoughts go through your head when an injury happens, but, if you have a plan and you can apply some first aid knowledge, things soon sort themselves out. Luckily, I was still mobile, so there was no need for the PLB. Blue Lake was nearby, it was lunchtime, so 2 birds with one stone - "Ice" the ankle and eat. Forty minutes later, compression bandage applied, some pain relief, gear distributed to the others in the group (thank you all!), I hobbled up to the Main Range turnoff where luckily Annette and I hitched a ride back to Charlotte Pass. Into Jindabyne, x-rays (nothing obvious broken) and back to PP for RICE.

Why am I telling you this? Mainly as a reminder that *everyone* should carry a first aid kit on a walk. There are hundreds of articles on what they should contain, and this one is a great starting point: <https://lotsafreshair.com/first-aid-kit-hiking/>.

The club held its first "Learn to Lead" walk in early April. Five budding leaders met with three somewhat more experienced leaders for a walk in the park.

After meeting for coffee at the Dance Hall, a short introduction, a few stories and some encouragement, we left Audley for Winifred Falls and environs. Everyone got a chance to lead and ask as many questions as they could. Morning tea was a discussion of what to carry in a first aid kit. I wonder why? After finishing the walk we sat at the Dance Hall, had lunch and a debrief.

My thanks to Shaune and John H for ensuring that all questions were answered and lending their vast experience for this walk. I expect that we will run this again.

Finally, and importantly, if you haven't verified your account on Bilby, please take a few minutes to do so. If you are having trouble, send an e-mail to bilbysupport@sutherlandbushwalkers.org.au and a committee member will get back to you ASAP. Bilby can be accessed by clicking the Activity Program button on the homepage of the Club's website.

Cheers

Ken

Far South Coast NSW 3rd March- 17th March 2025

Eighteen participants came and went over the 2 weeks with a constant number of around 12 walkers.



Start of Wharf to Wharf walk - Tathra Wharf

We started off with 6 nights camping in Beowa (Ben Boyd) National Park at Hobart Beach Campground, a huge campground nestled on the coastal fringe between the wild Hobart Beach and the shores of tranquil Wallagoot Lake, where we swam most days after our walks. The campground has hot showers, BBQ, toilets and rubbish bins, also resident huge goannas and little wallabies roaming all the sites. It is only 20 minutes into Merimbula, or 15 to Tathra, so very handy for shopping etc.



The Hobart Beach camp goannas are huge

The first few days we spent walking in the southern part of Mimosa Rocks National Park.

Our first day's walk was return from Mogareeka to Nelson Lagoon via Moon Bay and Wajurda Point. Nelson Lagoon was the first of some amazing swimming opportunities over the next 2 weeks and we thought we wouldn't find somewhere better but by the time we had finished we had a tough time picking the best. My personal and I think the group's favourite had to be Barmouth Beach on the southern side of the Pambula River.



Barmouth Beach- Our favourite swimming spot

Travelling a bit further north on day two was Gillards Beach Campground to Penders Beach and stunning Blithery Inlet. The historical Myer House

and barn was a great spot for lunch and swim before returning to the cars.

This section of the park with its estuaries and lagoons is an important wetlands area for waterbirds and plays an important part in protecting oyster habitat and the nursery grounds for prawns and fish for commercial harvesting.



Bournda National Park- Merimbula Wharf to Hobart Beach

Over the next two days we walked the 28 km Wharf to Wharf track, starting at the heritage listed Tathra Wharf and finishing at Merimbula Wharf. The walk incorporates the Kangarutha Track from Kianinny Bay in Tathra. The seas were massive due to Cyclone Alfred in Qld, so a lot of time was spent just watching the ocean. It was tough going on the first section, as the track was rough and it was very humid.

An easy rest day and a short 4 km walk on the Merimbula Boardwalk and a look around the area was appreciated.



Light to Light Saltwater Creek to Bittangabee Bay

After our rest day we moved camp to Eden for the next 5 nights. With 2 easy days behind us we were all keen to get the boots back on and do some more walking. Over the next 2 days we walked

two sections of the Light to Light Walk in Beowa National Park, long car shuffles are the only way to do the last two sections, Saltwater Creek to Bittangabee Bay then Bittangabee Bay to Green Cape Lighthouse, approx. 21 km. They have been doing some fantastic rerouting of these sections to keep you more on the coast. It is partially open but if you have done this walk before, maybe think of doing it again as it is much more scenic on the new track.

Still in Beowa, the next day we walked the short 2 km loop track to the Pinnacles, a fascinating and spectacular erosion feature that consists of cliffs of soft white sands capped with a layer of red gravel clay deposited about 65 million years ago. We walked down to the beach but the tide was in, blocking access further along the beach, so back to the cars. Driving a few kilometres further north we did the Haycock Point loop walk to Barmouth Beach, winner of the best swimming spot.



Bournda National Park Pinnacles Lookout

We moved again and heading away from the coast for a bit of forest walking in the South East Forest National Park. For the next 3 nights we based ourselves in the small forestry town of Bombala.

Once again lots to do in the area, Saturday 15th and we did a short 7 km circular walk in the north of the park from Nunnock's Swamp on Wilkinson link track via Alexanders Hut, a lovely old Cattleman's hut from the 1920's and used until the 90's.

It was hot, so off to find some water for a swim at Six Mile Creek board walk and campground nearby.



South East Forest National Park- Alexanders Hut

Our last day in the forest was great. We did two walks, the first one was Pheasants Peak a short 4 km return walk through old growth forest and a jumble of massive granite tors. A very steep track with a rock scramble at the end for great views, worth the effort. Next was Myamba Gorge a 3 km return with lookouts along the way until the creek tumbles off the eastern escarpment over a massive granite slab into the beautiful Towamba Valley.



South East Forest National Park- Climbing Pheasants Peak

Last stop for the day was Woolingubrah Inn a forestry owned building that we were able to get the keys for in Bombala. The Woolingubrah Inn was established in 1860 and was on the main route between the goldfields in Kiandra and the coast near Eden. The inn was imported from the USA as

a prefabricated building and is one of two known surviving examples of these buildings in Australia.



Light to Light Saltwater Creek to Bittangabee Bay - a bit tricky!

Thanks to everyone who made this such a great trip.

Becky Rae

Kingsgrove Linear Park to Mascot 2nd May 2025

One of the advantages of beginning a walk near a bridge is that the bridge provides cover for walkers from rain. And when it's the M5 then it is a big bridge and walkers are dry all around.

With rain radar duty duly assigned, we commenced. After several rainy days in Sydney and this early shower, the first part of the walk along Twin Valley track was wet and muddy but not uncomfortable walking. Finishing the track we hit the pavement towards Wolli Creek.

One of the advantages of a walk that passes sporting and playground facilities is the cover for walkers provided by shelters. And when it's the Tempe Recreational Reserve then it is several such shelters and walkers are dry all around when eating their lunch.



Our Linear walkers with the artwork along the pipeline

Walking along Alexandra Canal, the prevailing wind easily carried the jet fuel fumes from the north-south airport runway to the walkers. Still, it triggered a whole lot of memories of previous overseas holidays.

One of the advantages of ending a walk in a buzzing shopping hub is the access to coffee. And when it is a Belgian chocolate cafe, then walkers are happy all around.

Ray Madden

Lower Colo Gorge Loop 11 - 13 April 2025

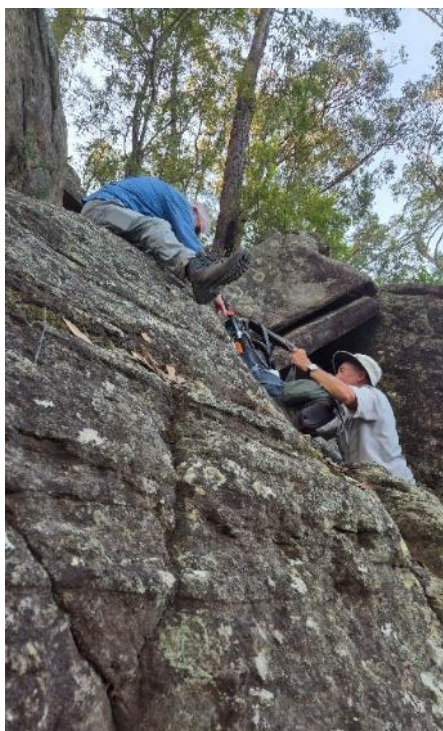
Leanne Baird, Shaune Walsh, Rebecca Rae, John Holland, Leonie Grimshaw

I saw this 3 day walk in a Wild magazine and was inspired to make it happen. The article listed it as medium grade; we read the notes and noted it as grade 4, but it was definitely a grade 5 plus! - adventurous, wild, unspoilt, challenging and stunningly beautiful. The journey delivered heart stopping moments, buzzy highs, exhaustion and if they could see us now times!!!



Stripping off to walk in the Colo River

All 5 made the steep 600 metre descent, sometimes sliding (thanks Shaune for assisting us down the rocky drop point) to the sandy, pristine Colo River ... plunging in at dusk after setting camp.



Some steep parts to navigate.

While Leanne and John opted for the riverside fire trail out on day 2, luckily scoring a lift back to the cars, we 3 spent all day in the crystal-clear river, at times waist high. With towering rocky cliffs, sinking Colo quicksand, as well as tricky bits where we had to find our way around rapids, slippery rocks and thick, entwined trees. To reach our camping sandbank, it was a swimming and float your pack experience. We saw guys rafting by and again, another starry full moon night plus a small glowing fire and energy for only one quiz.



An artistic campfire shot



More river walking

Day 3, back in the river before an extremely steep, rough and at times edgy and sweaty 500 plus metres up a different track to complete the loop. At times it was hands on the ground going up and sliding down some way when we headed up like others before us to a sloping, impassable rocky ledge. Yes, a fallen tree had concealed the switchback. The views soon after were rewarding but Bec's pants were shredded and my old pack has just been stitched up again.

What a wilderness journey ... it ticked all the boxes for adventure, challenges and natural wonder. We'll share those memories for some time to come. Oh, and Shaune says he's passing on another 600 metre down and up with a full pack!

Leonie Grimshaw



Safety first - 5 points of contact clearly used!

Namadgi NP / Tidbinbilla NR, ACT

Car Camp March 2025

Sixteen club members made the trip down to the southern part of the ACT for a 3-night car camp based at the Cotter Campground.

After setting up and the added challenge of untangling the frame of one self-erecting tent, we did the 3 km return walk up to Grasstree Lookout for the views of the river valley and to Mt Stromlo. On the way back to camp we passed where the Cotter River, downstream from the dam, joins and becomes a tributary of the Murrumbidgee River for its long journey west to the Murray.



Deirdre - Square Rock walk Namadgi NP

The next day was the Square Rock walk in Namadgi NP, 10 km return with a 300 m ascent. The rock formations at the top were nice to explore and provided great views. And yes, there was a huge square rock up there.

Driving back, we called in to the Canberra Deep Space Communications Centre at Tidbinbilla. There is plenty of satellite dish infrastructure around but unfortunately, we couldn't visit inside without a booking.

On day 3, we had to abandon our planned walk up to Gibraltar Peak due to the rain and low cloud. Plan B was to do some walks in the Tidbinbilla Nature Reserve, which didn't disappoint. We did a number of short walks with highlights of an 1890's settlers cottage plus koala and platypus sightings.



Rock Valley Homestead 1895 Green Family Tidbinbilla NR

On the return to camp, we did the walk to the Cotter Dam which had lots of informative signage including about the Irish convict and early settler in the area Garrett Cotter. I later found that Cotter and my earliest convict ancestor were on the same ship the *Mangles* from Ireland in 1822.



SBC campers at Cotter Dam

Our evenings were very social around the campfire and under the stars. Thanks everyone for making this another enjoyable club trip away.

Shaune Walsh

Bundeena Road to Little Marley Walk 10th April 2025

The original plan for this walk was to traverse the section that goes from Bundeena Road via Deer Pool but this was closed for repairs. Instead, we commenced the walk at the Little Marley Fire Trail entrance which meant the walk was a little longer (about 13 km all up), but slightly easier.

Murramarang Coastal Walk.
Tuesday, 6th May-Thursday, 8th May, 2025.



Our lovely coastal views

I must thank the members on the walk for being on their best behaviour as we had a visitor doing their first trial walk with the Club. So, they kept the conversation light - nightmares from true crime podcasts, mental health of adolescents, spurious complaints in the workforce, funerals and the plight of Ange Postecoglou, the Australian coach of the Tottenham Hotspurs English football side ... Well done team!



The friendly magpie

The day was cloudy but pleasant to walk. The usual National Park scenery, flora and fauna and beaches, which were stunning as always. Thanks to Sue, our resident naturalist who spotted a quail and a tiny frog on the trail and to our magpie friend who was very keen to swipe a free lunch.

Ray and Lisa Madden

Leaders : Heather & John Hughes.

Participants: Annette M, Annette R, Bruce & Chris, David, Donna, Julia, Vilma, Caron.

Day One: Pretty Beach to Depot Beach.

Distance: 12 km. Weather: Superb! ☀️☀️

The trip started like any other, with a couple of mishaps. Firstly, Vilma and I enjoyed the scenic route from Merry Beach to Pretty Beach - the 5min trip took us 40 mins due to the GPS! That's our story and we're sticking to it! Heather realised that John had left their lunches for the hike in the fridge at Berrara, or did John realise that Heather had left them! Either way, a quick trip to IGA at Bawley Point resolved the matter. I'm sure that they're still discussing whose fault it was!



Pretty Beach - the start of the walk

NPWS Ranger, Paul, detailed the walk, including an informative brief talk about the creation of the area and its positioning in the Sydney Basin, before we set off at low tide along the majestic rock shelf with Heather leading the way at a cracking pace! David showed his baking prowess, sharing with everyone a delicious cake at morning tea. I think it was called Miracle cake and to me it was a miracle that he took the extra weight in his pack. I came with bare essentials only. I even left my cereal in my overnight bag in the car! Oops!

Our arrival at Pebbly Beach enabled Julia, Donna and myself to enjoy a swim in the surprisingly warm water before lunch, while others sat in comfort under the shelter.

Due to a rising tide we needed to navigate past a protruding rock on the rock shelf, so it was important to time the step correctly between the waves and some were more successful than others.

Once we had settled into our cabins at Depot Beach, there was an opportunity to enjoy a swim. Several of us joined John on a rainforest walk.



Low tide is needed on Day 1 to safely negotiate rock platforms

Luckily, I shared a cabin with David, who brought a bottle of red and Vilma who brought popcorn. The smell of the microwaved popcorn and clink of glasses lured our fellow hikers and some inquisitive brushtails. Incredibly, David managed to eek out about eight glasses of wine and still have some left over!

Day Two: Depot Beach to South Durras.

Distance: 10 km

Weather: Even better!



Today started with a lovely Burrawang & spotted gum forest

We had an early start today as Durras Lake had been recently dredged and we had to be in time to be kayaked across the river. Heather explained many geological features of the rock platform, including the formation of the box like structures and honeycomb weathering. We crossed a headland carpeted with Budawangs, many with bright red seeds and pineapple-like pods. Many aptly-named spotted gums were also seen along the trail. We admired the view from Point Upright before descending along the beach to the meeting point.

The crossing was smooth, thanks to Bay & Beyond Kayak Tours and we enjoyed morning tea once in the Eurobodalla Shire. We made our way to Murramarang Holiday Park and fortunately our beachfront cabins were ready. Once again, I was in

the lucky cabin and the three of us enjoyed a delicious milkshake, courtesy of David!



Kayaks were better than the swim option!

The afternoon was an opportunity to relax: some with a swim and others with a coffee under the trees. John led a short walk to the Wasp Head rock platform and Wobbegong Bay, where we were all quite enamoured by a deep fissure in the rock.

Happy hour was enjoyed by all, followed by a scrumptious dinner in the bistro.

Day Three: South Durras to Maloney's Beach.

Distance: 16 km.

Weather: A little cooler, but the weather gods were still with us! ☀️



Day 3 has rocky headlands and bays instead of beaches

John led the way today with our first stop at Dark Beach, then on to Flat Rock Island lookout. There was an ever-changing variety of vegetation along the way. We all found a spot to enjoy lunch at North Head lookout, being careful throughout the entire trip not to sit nor place our backpacks on the grass because of the risk of ticks. We strolled along North Head beach, realising that we'd made excellent pace for our bus transfer. With much lighter packs

and a sense of achievement, the bus returned us to our starting point.



Spotted Gum forests dominate the South Coast

Thank you Heather and John for the meticulous organisation and communication. It was a trip filled with new adventures (I had never experienced a multi day pack hike), companionship and scenic beauty.

Caron Bowrey.

Learning to Lead Saturday, 5 April

A few club members recently took part in the inaugural *Learning to Lead Course*, with the aim of learning how to run safe, enjoyable, and well-organised walks.

The day was run by the knowledgeable Ken Newman, who generously shouted us all a coffee to kick the day off. We also had 2 other experienced leaders sharing their knowledge: Shaune Walsh and John Hughes.

Over coffee Ken talked through the steps for preparing to lead a walk. Lots of questions were asked and answered before we headed off for our destination - Winifred Falls. Along the way, we each took turns at leading the group, getting a feel for pacing, and managing a bunch of chatty walkers (not as easy as it sounds).

Winifred Falls made for the perfect backdrop for morning tea. The beautiful clear swimming hole was nice and full after some recent rain. We had a "show and tell" of our first aid kits, while we all carried the staples, we each picked up new ideas to improve our kits. From there, we continued downstream to another great swimming spot, where the freshwater meets the saltwater.

We then headed back and did a little side trip down Muddy Creek, a place which would be worth further exploration. Lunch was back at the Audley Sheds after a decent half a day of walking. There, Ken ran

a final Q&A session to round out an informative and worthwhile day.



Diana, Neil, John, John H, Shaune, Vilma & Irina.
Image Credit & Photographer: Ken Newman

I can highly recommend any member wanting to contribute to the activities program to take part in the next Learning to Lead course. There is lots of support and help within the club from the committee as well as other club members.

A HUGE thanks to Ken, Shaune and John for their knowledge, time and encouragement.

Vilma Hodgson

What's in My Pack

I enjoyed the February week at Charlotte Pass. At the beginning of the week Ken generously went through his pack with the group. As a new member I found it very interesting and helpful. I think a lot of members will feel the same way ... old and new.

I hope you find this to be a useful article.

Ken's pack is a 36 litre Osprey pack, with a wet weather cover.

Working from the outermost pocket of his pack, Ken unpacked and explained each item, reminding us that he often leads walks so it may be a bit more than most would take.

1st pocket: Zip lock plastic bags for rubbish and mobile phone if raining.

2nd pocket: Gadgets ... PLB, binoculars 50g, zip ties (handy for all sorts of repairs including replacing shoelaces), storm whistle, signal mirror, compass, space blanket and pen knife. He reminded us to check the space blanket as they can and do perish.

3rd pocket: Wet weather gear.

4th (small) pocket: Phone, head torch with batteries, buff (neck face head cover) and 3B cream.

Last pocket: Coffee, snakes, chocolate bar, spare chocolate for a friend or injured companion, hydralite, bushman's repellent, dry pack with beanie, gloves and fleece, snake bandage and a first aid kit. The first aid kit contained burn cream, gloves, paper and pencil in plastic, matches, salt, vials of saline, pain meds, betadine, stingose, syringe, random bandages and gauze tape, tissues, stuff for cuts and things, various Band-Aids, hypo fix gauze to prevent blisters and steri-strips.

Back pocket: Sit mat, plastic bladder for hydration and a one litre bottle to help someone else or for hydralite if needed.

Zip pockets on belly strap: Sunscreen, lip balm, hand sanitiser and a good plastic bear luck charm!

Annette then added her favourite additional items ...

Emergency contacts and medication list.

Carabiners, large safety pins, spare socks, spare hat and a fly net.

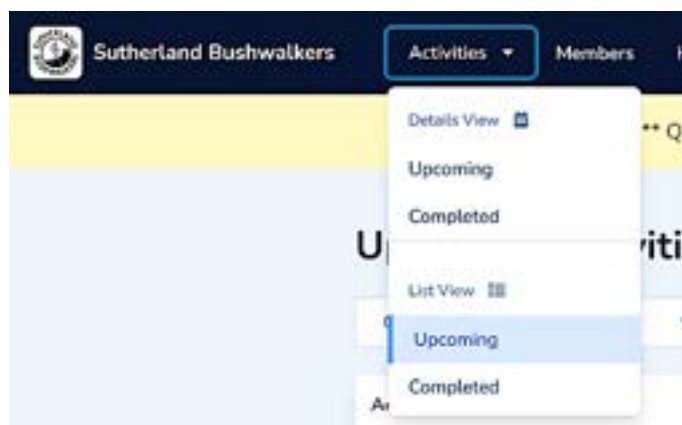
Barbra Sharp



Printing an Activity List

Log in to the Bilby system.

Click on [Activities](#) at the top of the screen and choose '[Upcoming](#)' to show the activities in List View.



Use your usual printing process (**Ctrl-P** or **Command-P**) to print this list of activities.

This will print the first 50 activities. To print the remaining activities, move to the 2nd page of activities by pressing the '[Next Page](#)' arrow on the right of the screen and repeat the printing process.



Cancelling a Booking

It is always good etiquette to contact the organiser directly if you are cancelling but it should also be done in the Bilby system.

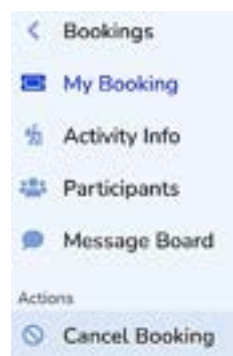
Log in to the Bilby system.

Click on the drop-down menu at the top right of the screen and choose '[My Bookings](#)' to show the bookings that you have made.



Choose the activity that you want to cancel by clicking the '[Activity info](#)' button for that activity.

On the left of the screen, choose '[Cancel Booking](#)' from the menu, then click on the '[Confirm Cancellation](#)' to finalise the cancellation. You can also leave a note for the organiser to explain your cancellation if you need to.



This booking can be revalidated at a later stage by letting the organiser know that you would like to go, either through a note on the booking in Bilby (this generates an email to the leader) or directly by email/sms/phone call.

Don't forget that 'Bilby Help' is available.

- Bilby documents are available on our club website.
https://www.sutherlandbushwalkers.org.au/?page_id=15983
- In the Bilby system use 'Help and Support'
- Or email directly to
bilbysupport@sutherlandbushwalkers.org.au



A warm welcome to our new members:

Clare Cowley
Jim Bland
Lolita Garcia
Martin McKinley
Paul van Vreumingen
Petra Themsen
Teresa Crich

Q1 Club Activity Stats (Jan, Feb, Mar)

Sutherland Bushwalking Club now has 326 registered members and we participated in 57 club activities during Q1 2025.

Activity Type	Number of Activities	Number of Participants
Day Walk	46	334
Paddle	5	29
Multi-day Walk	1	0
Bike Ride	1	6
Multi-day Trip	3	68
Track Work	1	14
(Data from Activity Organiser's Trip Reports)		

More Club Photos from our Facebook posts



Night Walk - Koala spotting



Warrumbungles view from Spirey Lookout



Up, Up, Up the Horse Track Blue Mountains